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# FOOD SAFETY ADDS UP TO GOOD HEALTH— YOU CAN COUNT ON IT!

1. Jason Morrow  
Age 8  
Estes Elementary School  
Skyland, North Carolina



2. Brad Dzienkowske  
Age 12  
Saint Joseph's School  
Cadott, Wisconsin



3. Derek McLean  
Age 11  
Newton Street School  
Newark, New Jersey



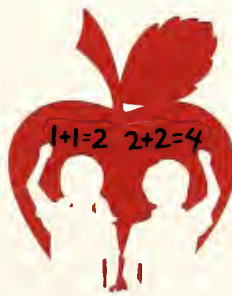
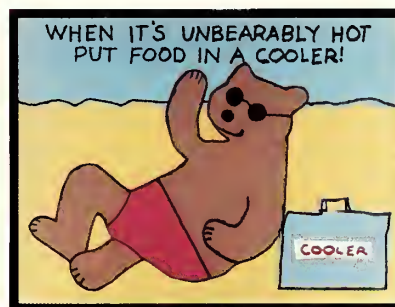
4. Jim Brady  
Age 7  
Saint Bernard's School  
Wauwatosa, Wisconsin



5. Jeff Starratt  
Age 11  
South Londonderry School  
Londonderry, Connecticut



6. Joseph Miller  
Age 10  
Alexander Robertson School  
New York, New York





## Introduction

Numbers and food go together. We weigh food and price it. We heat food to a certain temperature or cool it to another. We use food in fractional amounts, and we measure it for cooking and baking. We watch our own weight, and we calculate the calories found in the foods we like to eat. Numbers and food make up a natural partnership. This partnership is the theme of the 1986 Food Safety Poster Contest.

One number in particular stands out in relation to Food Safety—280,000—the number of children estimated to suffer from food poisoning each year.

As in the past, this instructional kit offers you the chance to share facts with your students that can prevent them from becoming part of the food poisoning statistics.

This packet contains everything you need to teach a complete lesson to your first- through sixth-graders and prepare your students to enter the 1986 Poster Contest. Since just one of these packets has been sent to your school, please pass it along to any of your colleagues who might be interested. This kit will serve at least 200 students, so several teachers can use it.

## Background

The Food Safety and Inspection Service (FSIS) of the United States Department of Agriculture is responsible for assuring—through inspection—the safety and

wholesomeness of meat and poultry products. In addition, FSIS approves the wording of labels for meat and poultry products.

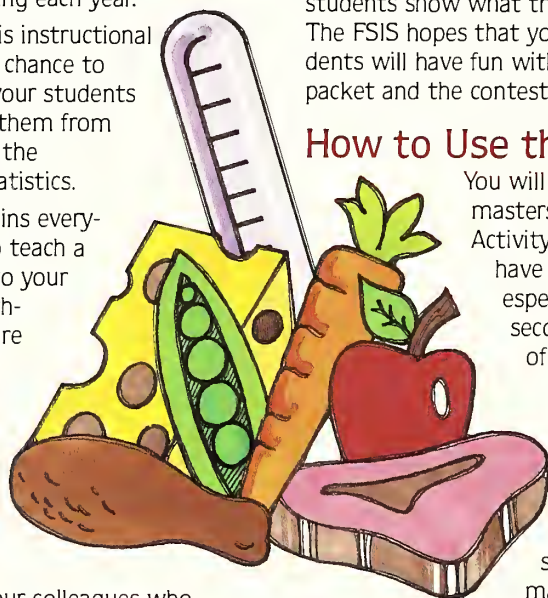
These twin functions assure the safety of the food on the grocery shelf. But consumers themselves—and many school-age children are shopping for and preparing food today—must know how to handle food after they buy it. This includes transporting, storing, and preparing it.

The poster contest, which climaxes this teaching program, dramatizes the importance of safe food practices and helps students show what they have learned. The FSIS hopes that you and your students will have fun with the learning packet and the contest.

## How to Use the Program

You will find five activity masters in this envelope. Activity Masters 1 and 2 have been developed especially for first and second graders, some of whom may be non-readers.

Activity Masters 3 and 4 are for third, fourth, fifth, and sixth graders. A special fifth master—a certificate of achievement



**NOTE:** The cover of this folder shows just a small sampling of the many notable entries from previous years which deserve recognition. They are reproduced here to encourage students as they begin work on their own contest entries. Please post this folder in a prominent place in the classroom.

**NOTE:** For an additional copy of this kit, while supplies last, send your request with your name, school name, and full address to: Food Safety and Inspection Service, Box 14313, Dayton, OH 45414.

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for all grade levels—can be used to recognize all students who complete a poster and enter the 1986 National Food Safety Poster Contest.

You may decide that your students could profit from working on more than two activities. Although there is a certain duplication in content on the two levels, the activities are different enough that students should enjoy them.

As the teacher, you will know best how to integrate this material into your curriculum. Although the focus of this year's program is math skills, it fits quite naturally into a unit on nutrition or health, and also may be used effectively in social studies, art, and science classes.

## Program Structure

This year's contest and lessons focus on numbers and food safety. Students can be taught to protect themselves from spoiled food and food poisoning by using the math skills they are learning in school.

Activity 1 is geared to non-readers and the early grades. Activity 3 is meant for readers and later grades. Both activities contain lessons concerning the safe temperature of foods. Both activities stress that food must be kept out of the danger zone—room temperature when food is neither hot nor cold enough to



## Food Safety Guidelines

**BASIC RULES:** The basic food safety rules are to keep hot foods hot (above 140 degrees), cold foods cold (below 40 degrees), and all foods clean. Most of the rules that follow are just variations on these basics.

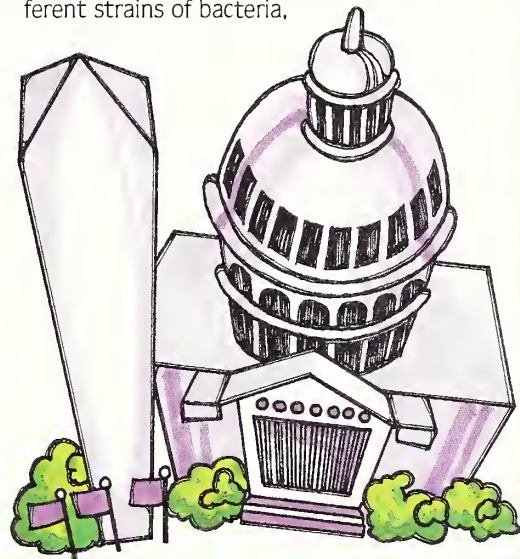
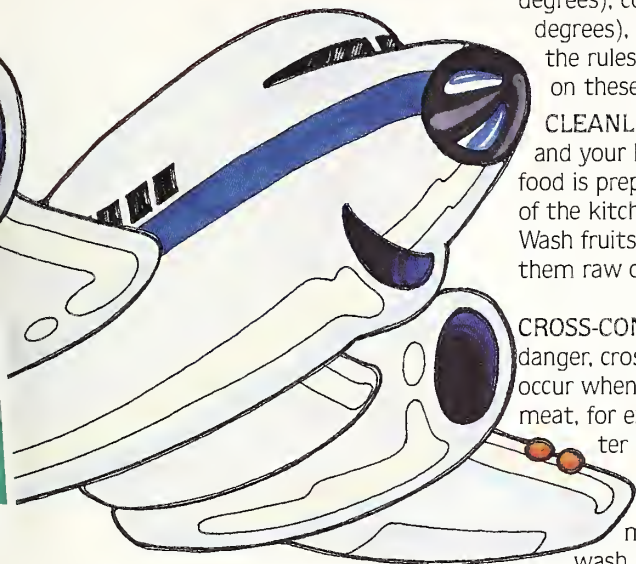
**CLEANLINESS:** Utensils, countertops, and your hands should be washed before food is prepared. Pets should be kept out of the kitchen since they can carry germs. Wash fruits and vegetables before eating them raw or cutting them up.

**CROSS-CONTAMINATION:** Always a danger, cross-contamination can easily occur when cooks are in a hurry. If cooked meat, for example, is placed on the platter where it rested before cooking, germs from the raw juices can contaminate the cooked meat. Also, if the cook doesn't wash hands after handling raw meat, germs from the raw meat can also be carried on hands to other foods.

**LEFTOVERS:** All leftovers should go into the refrigerator quickly. Hot dishes should not be allowed to cool on the countertops. Dividing large portions into smaller storage dishes helps, too—this

speeds cool-down to safe temperatures.

**BACTERIA:** The bacteria that commonly cause food poisoning are not always obvious. Bacteria can't be seen, smelled, or tasted. The smartest way to handle the food poisoners is to make life so hard they can't multiply enough to cause trouble. And that means that cold foods should be kept cold and hot foods hot—at all times. Though there are many different strains of bacteria,



prevent bacterial growth. Students can practice addition and subtraction as they calculate how many degrees to add or subtract from a food item to keep it safe.

Activities 2 and 4 demonstrate with a fun math exercise, how quickly germs can multiply. Students will understand from this exercise that a vast number of bacteria can live in food that is not properly handled.

Several of the activities refer to Count BACula (from BACTERIA), the villain who benefits from food handling mistakes. Count BACula is portrayed as taking over the food when food safety rules are broken.

After completing the activities designed for their grade level, students are ready to draw a poster for the 1986 Food Safety Poster Contest. Note the instructions under "Judging" to help your students create award-winning posters. You may want to ask your art teacher to help you out.

Once students have completed their posters and entered them in the contest, you can reward each student with a copy of the special award certificate. Be sure to sign your name to give the document an official look. Activity 5 will enable you to make at least 200 excellent copies of the award certificate.



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salmonella is an extremely common one and a major cause of food poisoning in this country. Salmonella bacteria may be found in raw or undercooked foods, such as poultry, eggs, and meat. Thorough cooking, however, destroys salmonella.

Clostridium perfringens, the so-called cafeteria germ, grows best without oxygen. That's why great mounds of Swedish meat balls, roast beef and gravy, or poultry and gravy are a perfect place for this germ to multiply. People can discourage this germ by serving several small bowls of one food rather than one large bowl.

Don't let food stand out over two hours. It's best to use a chafing dish or crock pot or a bowl of ice to keep food either hot or cold if it is to be served over several hours' time. An alternative is to set out smaller portions of the food, and keep re-filling these dishes.

**NOT FOLLOWING THE RULES:** Expect some students to mention that his or her family breaks quite a few of the food safety rules without ill effect. If so, explain that so far they've been lucky, but that they are taking a risk.



## The Contest

After students have completed the learning activities, they will have enough background to begin the contest. Now help students put what they have learned into poster form.

To enter the contest, students must draw a picture and think of an appropriate slogan to illustrate it. Because this year's contest theme is numbers, encourage students to make a math connection in either the picture or the slogan. Help students to come up with original ideas for illustrations and slogans. Emphasize that words can reinforce the visual message. The freshness and humor of a young person's approach is also an important consideration. Caution them not to use brand-names on the products they draw on posters.

Read through all the contest instructions and rules with the students to make sure they understand. Make sure they print clearly all the required information on the back of their entries.

## Eligibility

1. All students enrolled in any elementary school, grades one through six, for the 1985-86 school year are eligible to enter.
2. Children of employees of the Food Safety and Inspection Service are not eligible to enter.

## Contest Entries

1. To enter the competition, students must illustrate some facet of food safety, including a slogan.
2. Teachers should submit the entries in one packet, postmarked no later than midnight, February 14, 1986. A franked label is enclosed for your use.
3. Send entries to:  
Food Safety and Inspection Service  
1986 National Poster Contest  
P.O. Box 14313  
Dayton, Ohio 45414
4. Entries must be created on one side of a sheet of paper no larger than 9" x 12", using pencil, pen, charcoal, marker, watercolor, torn paper, crayon, pastel, or any other medium or combination of mediums suitable for copying and mailing. To be eligible, a student's name, grade, age, teacher's full name, and the NAME, ADDRESS, AND TELEPHONE NUMBER OF THE SCHOOL must be printed clearly on the back of the paper. Be sure to include zip code and area code.
5. No entries can be returned or acknowledged, and all entries become the property of the Department of Agriculture or its representatives.

## Judging

1. Entries will be judged on originality, aptness and quality of illustration, accuracy of food safety information, suitability of slogan, and neatness of presentation. The following criteria will be applied to each entry:
  - a. What is the overall impact of the poster? Is it funny? Is it pretty? What emotional appeal does it have?
  - b. How well designed is it? That is, how well are its different elements placed?
  - c. How appropriate is the slogan to the picture? How well is it worded? Is it easily readable?
  - d. How well do the illustration and slogan work as a poster? Does it grab the viewer's attention?
  - e. How well have the colors been chosen? Is the color scheme pleasing?
2. All decisions of the judges will be final. Winners will be notified by May 2, 1986.

## Prizes

**FIRST PRIZE**—Three first-prize winners (one each from grades 1 and 2, 3 and 4, and 5 and 6) and their teachers will each receive a \$200 U.S. Savings Bond. These students will also win a trip to Washington, D.C., for themselves, their parents, and their teachers, where they will participate in an awards ceremony. The winners' schools will receive \$400 to purchase library or audio-visual materials.

**SECOND PRIZE**—Three second-prize winners (one from each age group) and their teachers will each receive a \$100 U.S. Savings Bond.

**THIRD PRIZE**—Three third-prize winners (one from each age group) and their teachers will each receive a \$50 U.S. Savings Bond.

The top 45 finalists will receive a certificate and ribbon, and a copy of the 1986 calendar "We the People" published by the U.S. Capitol Historical Society. The 450 semi-finalists will receive certificates and ribbons.

All entries become the property of Food Safety and Inspection Service, U.S. Department of Agriculture, and will be considered for use in official Department publications and publicity announcements. Reproductions of all winning entries will be made available to any requesting newspaper, magazine, or television station.

Contributions for prizes will be donated by the American Meat Institute, the Food Marketing Institute, the National Broiler Council, the National Pork Council Women, the National Cattlemen's Association, and the National Food Processors Association. The U.S. Capitol Historical Society is donating 1986 "We the People" calendars, and administrative services will be provided by the United States Department of Agriculture Welfare and Recreation Association. For an additional kit while supplies last, write Food Safety and Inspection Service, Box 14313, Dayton, Ohio 45414.

